

Symptoms of Stress

Anytime emergency personnel experience a traumatic event or a compounded series of events, stress may occur. Here are some common signs and symptoms:

- Fatigue
- Upset stomach
- Confusion
- Poor attention
- Difficulty with decisions
- Disturbed sleep
- Guilt
- Denial
- Feeling overwhelmed
- Anger / irritability
- Change in behaviors
- Withdrawal
- Emotional outbursts
- Elevated alcohol consumption

ND CISM Team Activation Available 24 hours / day

- DEMST office number, 701.328.2388, during business hours.
- Non-business hours call State Radio at 800.472.2121 to page Unit 6501.

There is no charge for debriefings. Funding for the CISM program is provided by the Division of EMS and Trauma, North Dakota Department of Health and the North Dakota Department of Emergency Services.



NORTH DAKOTA
DEPARTMENT *of* HEALTH



ND Critical Incident Stress Management Team Providing Care for the Care Providers



Who We Are

The ND Critical Incident Stress Management (CISM) Team is composed of emergency service personnel and mental health professionals that volunteer their time, energy and resources. Team members receive special training and make a commitment to serve on the ND CISM Team.



Division of EMS and Trauma
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NORTH DAKOTA
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Mission Statement

The North Dakota CISM Team will provide stress assessments, counseling and planning services for emergency services personnel who request it. The focus of this program is to minimize the harmful effects of stress, particularly in crisis or emergency situations. The priorities of this program are to maintain confidentiality and to respect the feelings of the individuals involved. It is not the team's function to replace ongoing professional counseling, but to provide immediate crisis intervention.



What is a Critical Incident?

A critical incident is any situation faced by emergency personnel that causes emotional reactions which interfere with their ability to function either at the scene or at a later time.

The Purpose of CISM

The purpose of Critical Incident Stress Management (CISM) is to accelerate normal recovery, for normal people, having normal reactions to abnormal events, enabling people to quickly return to their daily routine.



Who We Serve

All Emergency Services including:

- Ambulance Services
- Quick Response Units
- Dispatching Agencies
- Fire and Rescue
- Law Enforcement

When To Activate CISM?

- During or after an incident or a series of incidents where the potential for critical incident stress may occur or has already occurred.
- When the Incident Commander, Emergency Manager or Department Administrative Personnel see a need.